



June 30th 2010

Thankyou for such wonderful feedback for my previous newsletter. I really appreciate your comments, support and insights. Keep them coming!

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Our Thinking Shapes Our Lives

Our thinking and our actions impact on how we react to our experiences in life. We can choose to resist and possibly react through our ego or we can choose to accept whatever is happening around us whilst taking action to change the situation.

When we learn to accept what is happening in our lives and greet every experience as an opportunity to grow we start to detach emotionally from the outcomes of that situation and from the fear of taking action. We learn to become the observer, of not only the experiences that are presented to us, but we also become the observer of our thoughts.

Our thoughts are real; they have a certain level of energy attached to each one. When we think in a negative way e.g. with jealousy or with judgmental feelings, the energy of that thought is enhanced and can be very damaging to the recipient, as well as to ourself. The strength of a thought is born out of the amount of feeling we attach to it. Even science is becoming aware of the effects of our emotions on our DNA and hence our health.

[Origins Of Our Beliefs](#)



Effects On Our Health

Positive thoughts help us feel better, lighter, and more hopeful. Negative thoughts have the opposite effect; they create pain, misery and stress resulting in a build up of toxins within our cellular system. Our body then has to work harder in trying to cope with the effect of the toxin build up and dis-ease we have created. So instead of our cells using their energy more harmoniously in maintaining balance within all of our internal systems, they instead have to use their energy fighting the negative effects, and in some instances enormous amounts of energy are required just to keep us going.

It's no wonder then we get tired and sick. When our internal systems have run out of energy, when we are not paying attention to our thoughts and feelings, and we are continually compounding the issue with our repetitive fearful behaviour, our body starts to slow down, even shuts down in some cases and diverts what little energy it has left to keeping us alive.

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Where Do Our Thoughts Come From?

Our thoughts are generated from within us, either consciously or unconsciously and can be a result of our upbringing, from our genetics, ancestral, past experiences, or from experiences in the womb.

If we choose to think and act in a creative, positive way, looking for the optimum outcome that we desire, we will get that outcome. We are presented with many opportunities throughout each day to choose and create thoughts and behaviours that serve our highest good. And it is in those moments that we can choose to be the master of our reality or we can be a slave to our ego encouraging it to become even stronger by continuing with negative, fearful thinking.

If we want happiness, joy and peaceful living, we must learn to think that way. Whatever comes to us in life comes from our thinking and the way we act. Whether we like it or not, we are the creators of our life and our responses to life's situations engineer the results that we inevitably experience.

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Changing the Way We Think

If we change the way we think consciously and unconsciously and no longer act or think on automatic pilot, we can have a life of joy, health, success and abundance. Our unconscious thinking, or automatic thinking, comes mostly from our conditioning that has helped to create our beliefs. It is our beliefs that carve out our personal world. They are therefore an important contributing factor that requires our attention.

Often those unconscious thoughts that cause us to re-act, have strong emotions attached to them that we may or may not fully understand. In fact we may not become aware until a certain thing is said, or we find our self in a certain situation and suddenly all these emotions well up inside and we feel out of control, helpless, afraid or re-acting out of character. If we don't take control of our thoughts, our beliefs, and the resultant action of those thoughts, we do not have control of our lives.

How Do I Change My Thinking?

First we need to recognise what we are thinking, what our particular beliefs are, and how we react to situations and to those around us. It is easier to recognise the conscious thoughts as they roll around inside. We know that we are thinking certain thoughts at certain times ie. we have conscious recognition.

The thoughts that can cause us to re-act without thinking, that have a way of governing our life without, at times, our knowledge, are hidden deep within our subconscious and even at the soul level, and hence is imbedded in our cells and our DNA. It's these that need a little more work to uncover.

Start by making time to write down your thoughts, meditate on your thinking and your re-actions to life's situations. Look closely on how you react to people, your partner, your siblings, parents and children. Pay closer attention to your behaviours. Ask yourself:-

- Am I in control of my thoughts and emotions?
- Do I think before I respond, before I act?
- Do I spend a lot of time regretting my actions?
- Do I have that thought, at times, "*where did that come from?*"
- Do I put myself down, constantly blame myself or others, judge myself or others?

Answering yes to any of these questions, means that there is some spring cleaning of the mind and emotions required.

Having done this exercise, maybe a few times, then apply the WWWW (what, why, when, where and how).

Take each thought and ask, or example, "*what caused that thought or feeling in the first place, when did it start, why did it start, when did it come into being, where did it come from, where was I, how did it come into being?*" By asking and digging a little deeper we can gain even more clarity and perspective around our behaviours.

The answers will come, be patient. Changing habits of a lifetime requires a little effort and patience. Don't beat yourself up, just acknowledge how you feel and be determined to take action and change!

It's only when we step back and observe ourselves can we gain clarity and understanding of our actions and motives, and when we take this approach we find that we are in a position to make a choice as to what we are willing to change. And we do need to be willing to change, not because someone else says so, but because we want to, for ourself.

When we look the other way and deny how we are; when we fill our life with so much distraction and use being busy as an excuse, we lose sight of who we really are. We are not fear. We are not ego. We are beautiful beings of love, and we can all act with compassion and "think" and "feel" from our hearts and give fear the flick!

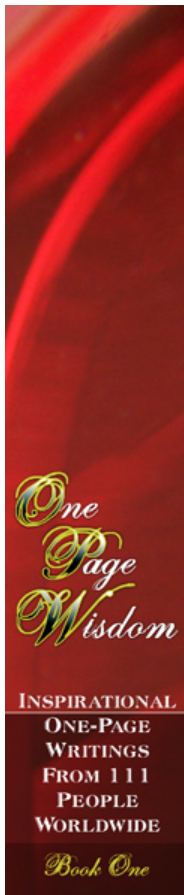
Practice not having one negative thought for 3 days!

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