

Be Careful What You Think About

Thought is the reasoning of the mind; a mental depiction of what we sense. Our power to think is almost unlimited; it is the most potent way to understand knowledge and principles and when concentrated meaningfully on a subject will solve any problem. Thoughts must, however, be properly harnessed if success is to follow.

We have the choice to think whatever we wish but the results of our thoughts will culminate in some kind of action. If thoughts are negative, reactive and critical of others the results will be destructive. If thoughts are positive and creative the results will be constructive, strong and harmonious. This is a natural, immutable law and will produce its result in the character, health and circumstances of that person. It is important, therefore, to understand that weak, negative, reactive thoughts can never bring about positive growth or creative activity. Very few people, in fact only those who are prepared to become aware of how their mind works, understand the causes by which those effects are brought into being.

I have used the words 'creative' and 'reactive' before now. The creative/reactive part of the subconscious mind is made up of two polarised systems of thought. The creative mind is the centre for our innovative and creative thinking. It sees the big picture and thinks in terms of values and creating value. It works on a positive, three-dimensional, plane. The reactive mind, on the other hand, thinks two-dimensionally in terms of winning or losing or good or bad. It is the basis for limited thinking and works on the negative plane.

Be aware that each of us is a magnet. If your thoughts produce a tense, critical, anxious and unforgiving reactive state of mind then you will be a magnet for all kinds of trouble and failure. Instead, through your thoughts, develop a positively expectant and creative state of mind that is flexible and open and will be a magnet for good things to be attracted to you. The most unhappy people are the ones who are stuck in their narrow ways. Don't go around reacting to life, it's too short to be filled with conflict and negative thoughts. Rather, be prepared to live life in a more creative and spontaneous way.

Someone once said, "Thought is the fire that creates the steam that turns the wheel of fortune upon which your experiences depend". So learn to control your thoughts to create positive mental habits that will blossom into action and create the conditions you are seeking to give you love, happiness and success.

When you understand how the mind works it brings the realisation that whatever you centre your attention upon steadily, constantly and deliberately in your conscious thoughts and feelings, will form the experiences of your life. Your subconscious mind follows faithfully the thoughts that are sent to it; whether your thoughts are of fear and failure or of confidence and success your actions will mirror your thoughts. It is wise,

therefore, to go to work on your thinking to mentally choose what you wish to experience in life and to follow that with appropriate action.